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This glossary provides a comprehensive guide to the health and nutrition terms utilized by Joachim Bartoll in his work, *Unbroken*. These terms reflect his transition from conventional fitness wisdom to a philosophy rooted in **evolutionary biology** and **terrain theory**.

Core Nutritional Concepts

- **Hypercarnivore (Obligate):** A species, including humans, evolutionarily designed to thrive primarily on animal-based foods,. This diet emphasizes fatty meats, organs, and eggs, which provide bioavailable nutrients identical to human biology,.
- **Species-Appropriate Diet:** A way of eating that aligns with an organism's evolutionary blueprint,. For humans, this means prioritizing nutrient-dense animal foods while avoiding plants,.
- **Raw Hypercarnivory:** Consuming animal products in their native, uncooked state to preserve **cathepsins** (enzymes) and heat-sensitive nutrients that are otherwise destroyed by cooking,.
- **Antinutrients:** Sophisticated defense chemicals found in plants—such as **lectins, oxalates, and phytic acid**—designed to deter predators by binding essential minerals and damaging the gut lining,.
- **Slave Foods:** A term used for industrially produced, carbohydrate-dominant plant foods like grains and legumes that Bartoll argues lead to malnutrition and dependency,.
- **Bioavailability:** The degree to which nutrients are absorbed and utilized by the body. Bartoll notes that animal-sourced vitamins (like **Retinol**) are far more bioavailable than plant precursors (like Beta-carotene),.

Biological Theories & Disease Mechanisms

- **Terrain Theory:** The belief that disease arises from an imbalanced or poisoned internal environment (the "terrain") caused by toxins, deficiencies, and stress, rather than from external "germs",,.
- **Germ Theory:** The prevailing medical model which posits that external pathogens are the primary cause of disease. Bartoll views this as a flawed hypothesis designed to promote pharmaceutical dependency,.
- **Toxemia:** The accumulation of internal poisons within the body resulting from a mismatched diet, environmental pollutants, and metabolic waste,.
- **Autophagy:** The body’s natural cellular recycling program, intensified during fasting, where damaged cells and components are broken down and repurposed for energy and repair,,.
- **Randle Cycle:** A biochemical mechanism describing the metabolic competition between glucose and fatty acids for oxidation. Mixing high fats and high carbs triggers this cycle, leading to cellular inefficiency and inflammation,.
- **Advanced Glycation End-products (AGEs):** Toxic compounds formed when proteins or fats combine with sugar (glycation), often accelerated by cooking or high-carbohydrate diets,,.
- **Pleomorphism:** The ability of microorganisms to change form and function based on the state of the internal biological terrain.

Health & Recovery Markers

- **Biphasic Sleep:** An ancient, segmented rest pattern consisting of two phases—a "first sleep" and a "second sleep"—separated by a 1–3 hour wakeful interval,.
- **Heart Rate Variability (HRV):** A measure of the variation in time between heartbeats, used as a key indicator of autonomic nervous system balance and physical resilience,.
- **Glymphatic Clearance:** The process by which the brain flushes out metabolic waste, such as beta-amyloid proteins, which is notably enhanced during deep sleep phases of the biphasic cycle.

- **Dry Fasting:** A method of fasting that involves abstaining from both food and water to accelerate detoxification and autophagy,,.
- **Grounding (Earthing):** The practice of making direct physical contact with the Earth or using grounding equipment to neutralize electrical charge buildup and reduce inflammation,.
- **Electromagnetic Fields (EMF):** Radiation emitted from electronic devices that Bartoll identifies as a significant environmental stressor capable of disrupting the microbiome and triggering protective tumor responses,.

Terminology Clarification

If you encounter terms in your reading that are not listed here, they likely fall under **German New Medicine** or **Gematria**, which Bartoll uses to analyze the emotional roots of disease and the scripted nature of world events, respectively,,.

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